



news and information
for employees of the
City of Saint Paul

City Update

www.ci.stpaul.mn.us/cityupdate

January 11, 2002

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City Update survey

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Mayor

Randy Kelly

Councilmembers

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Submission deadline is noon,
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Kelly's on the job



This past week was Mayor Randy Kelly's first full week on the job, and his first real chance to work closely with and get to know City employees. The Mayor will talk to employees in the January 25th issue of City Update.

That issue will also feature information on new staff appointees.

Survey asks for more – and better

Statistically speaking, you and other City employees are reasonably satisfied with the City Update newsletter, but would like to see more departmental and employee news. At the same time, some feel it's redundant, and done half-heartedly.

The survey in the December 14th yielded 80 responses. It was also posted on the internet, where 30 of the completed surveys came from. (Nine survey responses originated from non-City computers.)

This was a pretty good response rate, especially since previous City

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10,000 Steps Winter Olympics

Did you know?

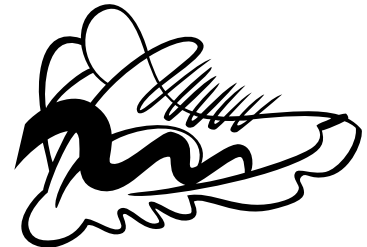
- Walking 10,000 steps is equivalent to walking 5 miles.

- Walking 10,000 steps or more per day is an effective way to lower blood pressure, raise HDL ("good") cholesterol, and decrease triglycerides.

- Women who walk an hour or more a week have half the risk of cardiovascular disease as those who are sedentary.

- Researchers at Brown University found that members of the National Weight Control Registry (individuals who have lost large amounts of weight and kept it off for years) walk an average of 10,877 steps daily.

- These same researchers found that people just entering a weight



loss program walk an average of only 4,983 steps per day.

- People who do consistent, moderate-intensity exercise are more likely to lose weight than those who do occasional high-intensity workouts.

- Walking is the most popular physical activity in the US.

- More than 60 percent of adults do not achieve the recommended amount of physical activity.

- The average person walks 3,000 to 5,000 steps each day. By increasing those steps to 10,000 per day

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Places to go. Things to do.

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10,000 STEPS from p. 1

(approximately 5 miles) most people can meet the recommended amount of physical activity.

This week, City of Saint Paul employees and their family members received an invitation to join the 10,000 Steps Winter Olympics. This 8-week event is designed for anyone who wants to reap the benefits of physical activity.

It's the perfect program for non-exercisers, regular exercisers, and current, former, or "never been" participants of 10,000 Steps.

Of the City employees who participated earlier this year, 80% said they increased their physical activity during the program, 50% said they felt better overall, 43% said they seem to have less stress, and 41% said they lost weight.

This year, to add some variety, Cityfit is offering a team challenge for any City employee who likes a little friendly competition.

With the opportunity to join as an individual or as part of a team, Cityfit hopes all City employees will participate in the fun this year. For additional information and/or registration forms please refer to your home mailing, email

Cityfit at Cityfit@ci.

stpaul.mn.us or

call Anne

Nelson at 651-266-8899.



MORE AND BETTER from p. 1

newsletter surveys only generated 20 or 30 responses.

Here are your responses:

| Do you read the City Update regularly? | | | | | |
|--|--------|---------|-------|--------|--|
| never | seldom | usually | often | always | |
| 1 | 5 | 11 | 14 | 47 | |

Well, of course, someone who never reads the City Update wouldn't even respond (although one did). But we wanted to make sure those who responded were really familiar with the City Update. It looks like they know what they're talking about.

How much of the City Update do you read?

| 0-20% | 20-40% | 40-60% | 60-80% | 80-100% |
|-------|--------|--------|--------|---------|
| 6 | 6 | 8 | 21 | 38 |

Once again, our survey respondents know what they're talking about, because they usually read most of the newsletter.

Please check the features you would like MORE of in upcoming City Updates

| Employee features | Department news |
|-------------------|-------------------|
| 49 | 64 |
| Wellness news | Credit Union news |
| 27 | 15 |

Please check the features you would like LESS of in upcoming City Updates

| Employee features | Department news |
|-------------------|-------------------|
| 11 | 2 |
| Wellness news | Credit Union news |
| 28 | 42 |

These two questions above are the meat of our survey. They clearly indicate that, as a group, respondents want more news about employees,

events, and programs going on in departments and offices around them. Many people asked directly for more of this type of news.

Wellness news is one of the main reasons the City Update is published. There used to be a regular wellness newsletter, as well as the City Update. Now they're combined.

Credit Union news is put in the newsletter whenever there's extra space. That's the 'handshake' arrangement we have with the Credit Union. They don't pay for space.

How often should the City Update be published and distributed?

| never | quarterly | monthly | bi-weekly | weekly |
|-------|-----------|---------|-----------|--------|
| 3 | 4 | 34 | 37 | 1 |

Based on this response, we'll probably continue publishing the newsletter every payday.

A few wrote very candidly, saying the newsletter 'doesn't contain much,' or is 'a waste of effort.' A couple complained that it contained duplication of information that was elsewhere.

Many asked for more information about 'what the "worker bees" accomplish,' or thought we should recognize outstanding employees and unusual jobs in the City. One person asked for 'more about [the new] department and office directors.' It's clear that people want to know more about their co-workers.

Thank you for your help. We will try to put your input to good use.

City job openings as of January 11th, 2001

| Application deadline | Job title | Bi-weekly or hourly salary rate | Exam date |
|----------------------|---|---------------------------------|-------------|
| 01/07/02 | Civil Engineer I | \$1463.41 | See Job Ann |
| 01/07/02 | Emergency Communications Center Police Dispatcher | \$1483.11 | 01/16/02 |
| 01/31/02 | Fire District Chief (Promotion Only) | \$2,212.73 | 02/25/02 |
| Open | Life Guard (part-time/year-round) | \$7.96 per hr | See Job Ann |
| 02/01/02 | Police Officer | \$1609.81 | 02/13/02 |
| 02/01/02 | Police Trainee | \$1523.14 | 02/13/02 |
| Open | Recreation Leader (part-time/year-round) | \$9.05 per hr | See Job Ann |
| 01/07/02 | Vehicle Maintenance Worker (Heavy) | \$15.87 per hr | See Job Ann |
| 01/03/02 | Vehicle Mechanic Lead Worker (prom) | \$22.41 per hr | See Job Ann |
| Open | Water Safety Instructor (part-time/year-round) | \$8.47 per hr | See Job Ann |

** This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the web site: www.ci.stpaul.mn.us/jobopenings. For jobs announced after January 4th, please call our 24-hour job line, 651-266-6502.